

2004 Cooperative Extension System Resources, Contacts, and Collaborations Aging Issues

ARIZONA

UNIVERSITY OF ARIZONA COOPERATIVE EXTENSION

COOPERATIVE EXTENSION UNIVERSITY OF ARIZONA

Forbes 301
P.O. Box 210036
Tucson, AZ 85721

Phone: (520) 621-7205
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Grandparents Raising Grandchildren

The Grandparents Raising Grandchildren Southern Arizona Coalition (GRGSoAZ)

A group of grandparents and other relative caregivers raising children- coalition provides referrals to Arizona kinship care families, including information on legal options, parenting skills, community food banks, support groups, school resources and wellness centers. This website provides information on community events and resources for grandparents raising grandchildren in the Arizona area.

<http://www.ag.arizona.ed/grandparents/>

ARKANSAS

UNIVERSITY OF ARKANSAS COOPERATIVE EXTENSION

DR. BETTY YOUNGMAN

*Extension Specialist
Family Life*

UNIVERSITY OF ARKANSAS
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Little Rock, Arkansas 72204

Phone: (501) 671-2000
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Improving Communication

Improving Communication Between Adults and Elderly Parents

Suggestions on ways of communicating love and acceptance of older parents.

http://www.uaex.edu/Other_Areas/publications/HTML/FSHEI-24.asp

CALIFORNIA

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

<p>MARY L. BLACKBURN <i>Family and Consumer Sciences</i> <i>Health and Nutrition Advisor</i></p> <p>1131 Harbor Bay Parkway, Suite 131 Alameda, CA 94502</p> <p>Phone: (510) 639-1274 Fax: (510) 567-6813 mlblackburn@ucdavis.edu</p>	A Troubling Trend	<p>Grandchildren Raised by Grandparents- A Troubling Trend</p> <p>A study that describes the demographic distribution of grandchildren living in grandparent households in California and how it standardizes prevalence rates by county and sets priorities for health and human service needs for grandparents and the grandchildren under their care.</p> <p>http://californiaagriculture.ucop.edu/0102MA/pdfs/grands.pdf</p>
	More Grandparents Raising Grandkids	<p>Numbers Rising: More Grandparents Raising Grandkids</p> <p>In recent years, many grandparents, treasured for the unconditional love they bestow, have taken on the added responsibilities of providing food, shelter and discipline for their grandchildren. Often with multiple health problems of their own, grandparents may suffer severe emotional and economic stress when confronted by the costs and tasks of raising children who themselves may have emotional, learning or physical disabilities. These problems create an urgent challenge for health and human services planners like UCCE to develop education, training and support programs to serve children at risk and their caregivers.</p> <p>http://ucanr.org/delivers/impactview.cfm?impactnum=210&mainunitnum=0</p>
	Aging Issues	<p>Workgroup Addresses Aging Issues</p> <p>http://ucanr.org/delivers/impactview.cfm?impactnum=461&mainunitnum=0</p>
	Educational Programs for Seniors	<p>Senior Initiative</p> <p>To conduct educational programs on nutrition, food safety, fitness and consumer economics including consumer fraud and gardening for seniors including those residing in public housing.</p>

COLORADO

COLORADO STATE UNIVERSITY

<p>LUANN BOYER <i>Family and Consumer Education Extension Agent</i></p> <p>MORGAN COUNTY EXTENSION CENTER 914 East Railroad Avenue P.O. Box 517 Fort Morgan, CO 80701 Phone: (970) 542-3544 Fax: (970) 542-3541 luann.boyer@colostate.edu</p> <p>CLIF BARBER <i>Head, Professor, Human Development and Family Studies</i></p> <p>COLORADO STATE UNIVERSITY 102A Gifford-1570 Fort Collins, CO 80523 Phone: (970) 491-5648 barber@cahs.colostate.edu</p> <p>CHRISTINE FRUHAUF</p>	Healthy Aging	<p>Healthy Aging</p> <p>Latest information that is related to seniors such as: <i>Consumer Fraud, Health, Safety and Wellness, Living Independently, Lifestyle, Relationships</i> and the <i>Golden Oldies</i>. The information on this website is written by various Family & Consumer Science agents as well as some graduate students.</p> <p>http://www.ext.colostate.edu/pubs/columnha/hagold.html</p>
	Housing Modification and Adaptation	<p>Housing Modification and Adaptation</p> <p>A learning kit with teaching materials and examples of simple home modification and assistive devices that allow elderly to remain independent in their homes.</p>
	Caregiving Issues	<p>A Delicate Balance</p> <p>A video and learning packet addressing caregiving issues and helping families with decision-making processes about care choices for the elderly.</p>
	Changes of Aging	<p>Walking In Old Moccasins</p> <p>A sensory workshop that lets participants experience changes of aging and address what can be done to maintain quality of life.</p>

CONNECTICUT

UNIVERSITY OF CONNECTICUT

DORIS LITTLE <i>Program Advisor</i> NORTH HAVEN COOPERATIVE EXTENSION CENTER 305 Skiff Street North Haven, CN 06473 Phone: (203) 407 3172 Fax: (203) 407-3176 DORIS.LITTLE@uconn.edu	Grandparents Raising Grandchildren	Grandparents Raising Grandchildren
	Nutrition	Senior Nutrition Awareness Project This project provides the elderly with accurate nutrition information through various free services. These include group nutrition education workshops, healthy cooking classes, the distribution of nutrition pamphlets, and nutrition education through four different cable television productions airing in the Groton/New London area. http://www.canr.uconn.edu/nusci/outrch/snap/snap.html

DISTRICT OF COLUMBIA

UNIVERSITY OF DISTRICT OF COLUMBIA

LILLY MONROE-LORD <i>Head of the Center for Nutrition, Diet and Health</i> UNIVERSITY OF THE DISTRICT OF COLUMBIA 4200 Connecticut Ave., N.W. Washington, D.C. 20008 Phone: (202) 274-7125 Fax: (202) 274-7130	Food Safety Support	Food Safety Support for the Elderly Program designed to expand the capacity of providing food safety education to elderly residents in the District of Columbia. The program provides Food Sanitation Certification Training (Train-the-Trainer) for Dietitians working in meals programs for the elderly. The trained dietitians provide food safety education for the food handlers and elderly program participants at the congregate meal sites in the District of Columbia. http://www.universityofdc.org/detail.php?sid=19&aid=162
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FLORIDA

UNIVERSITY OF FLORIDA

DR. CAROLYN WILKIN

*Extension Specialist,
Gerontology*

UNIVERSITY OF FLORIDA

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Gainesville, FL 32611

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CSWilken@mail.ifas.ufl.edu

Successful Parenting and Family Development

Successful Parenting/Family Development in Florida

Addresses critical concerns of Florida families in the areas of child development, parenting, marital and family communication across the lifecycle, child care and elder care.

<http://fyces.ifas.ufl.edu/fam.htm>

Elderly Publications

Elders

Variety of publications on topics relating to the elderly.

http://edis.ifas.ufl.edu/TOPIC_Elders

Guidelines for Caregivers

Guidelines for Caregivers

Focuses on how you as a caregiver can reduce and manage stress and cope with the burden. This publication provides guidelines for managing stress, maintaining health, and getting the help needed to better enjoy all parts of your life.

<http://edis.ifas.ufl.edu/HE018>

Caregiving

What is Caregiving?

A detailed publication regarding who is a caregiver, and if you are one, how to be a responsible one.

<http://edis.ifas.ufl.edu/HE017>

Elder Fraud

Striking Back

This program contains six units (budgeting, recordkeeping, credit, insurance, estate planning and retirement and investment). Each unit contains basic or background information, news articles, activities, PowerPoint presentation(s), and handouts. The target audience is older women but is not limited to this audience.

***Will be available in 2005**

GEORGIA

UNIVERSITY OF GEORGIA COOPERATIVE EXTENSION SERVICE

<p>DIANE BALES <i>Child & Family Development Specialist</i></p> <p>UNIVERSITY OF GEORGIA 222 Hoke Smith Annex Athens, GA 30602</p> <p>Phone: (706) 542-7566 dbales@arches.uga.edu</p>	<p>Grandparents Raising Grandchildren</p>	<p>Grandparents Raising Grandchildren Publication Series</p> <p>Series of 14 publications that address a variety of parenting issues facing grandparents raising grandchildren. The series covers topics such as: helping grandchildren make the transition to your home, dealing with abuse and neglect, helping grandchildren stay in contact with their parents, helping grandchildren deal with the death of a parent, and finding legal and community assistance. The series also includes issues on infants and toddlers and on the teenage years.</p> <p>http://www.fcs.uga.edu/extension/cyf_pubs.php#parent</p>
	<p>Grandparents Raising Grandchildren Publications: <i>Variety of Topics</i></p>	<p>Tips For Parents Brochures</p> <p>Collection of publications with tips for parents as well as grandparents on a variety of topics that can be useful when caring for children.</p> <p>http://www.fcs.uga.edu/extension/cyf_pubs.php#parent</p>
	<p>Publications for Seniors: <i>Variety of Topics</i></p>	<p>Senior Sense</p> <p>Publication series that targets seniors and their caregivers. Each publication contains an article on relationships, health and resources as well as a nutritious recipe. This publication is prepared and released quarterly.</p> <p>http://fcs.uga.edu/extension/news_pubs.php</p>

HAWAII

UNIVERSITY OF HAWAII

<p>JACQUELINE T. CHONG Phone: (808) 239-8908 Chongj001@hawaii.rr.com</p>	<p>Na Tutu</p>	<p>Na Tutu</p> <p>This coalition is made up of grandparents and other relative caregivers and several state and community agencies including Cooperative Extension serving kinship care families. It has been instrumental in bringing a medical and educational consent law before Hawaii's state legislature and in bringing attention to other kinship care-related policy and service initiatives.</p>
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IDAHO

UNIVERSITY OF IDAHO EXTENSION

<p>TINA RICE <i>Senior Services Program Specialist</i></p> <p>Idaho Commission on Aging P.O. Box 83720 Boise, ID 83720</p> <p>Phone: (208) 334-3833 ext: 235 Fax: (208) 334-3033 trice@icoa.state.id.us</p>	<p>Idaho KinCare Coalition</p>	<p>The Idaho KinCare Coalition</p> <p>A group of individuals and organizations, public and private, with connections statewide to promote legislative and social change through advocacy and education and to promote the social supports needed by grandparents and other relatives raising the children in their care. Their mission is to provide the social supports needed by grandparents and other relatives raising the children in their care. This website provides information on the members of the Idaho KinCare Coalition, a list of challenges that caregivers are responsible for and a KinCare Tip Sheet.</p> <p>http://www.idahoaging.com/programs/ps_GAPkincare.htm</p>
<p>HARRIET SHAKLEE <i>Extension Family Development Specialist</i></p> <p>UNIVERSITY OF IDAHO School of Family Consumer Sciences 800 Park Boulevard, Suite 200 Boise, ID 83712</p> <p>Phone: (208) 364-4016 Fax: (208) 364-4035</p>	<p>Grandparents Raising Our Children's Children</p>	<p>Grandparent's Raising Our Children's Children</p> <p>Clearly and authoritatively written by Doris Williams of the UI School of Family and Consumer Sciences, this attractive 72-page, 5 1/2 x 8 1/2 inch, informative book will be useful to second-time parents as well as helpful to social welfare and other professionals in educational or training programs. 2000 BUL 823 Order# 1188 Price: \$5.00 http://info.ag.uidaho.edu/catalog/Order/order_form_print.html</p>
	<p>Last Wishes</p>	<p>Last Wishes</p> <p>Discusses subjects such as: sustaining life, improved care, and making one's wishes known. http://ohioline.osu.edu/flm01/FS26.html</p>
<p>SHELLEY JOHNSON <i>FCS Extension Educator, District 1 ENP Administrator</i></p> <p>UNIVERSITY OF IDAHO EXTENSION Harbor Center 1000 W. Hubbard Street, Suite 140 Coeur d'Alene, ID 83814</p> <p>Phone: (208) 446-1680 Fax: (208) 446-1690 sjohnson@uidaho.edu</p>	<p>Nutrition</p>	<p>Senior Extension Nutrition Program</p> <p>Six to ten home visit lessons are designed around the risk factors identified through the DETERMINE Your Nutritional Risk assessment. Educational lessons include:</p> <ul style="list-style-type: none"> • the importance of a healthy diet for long-term health • planning meals using the Food Guide Pyramid • how to prepare quick, low-cost and nutritious meals • the health benefit of eating fruits, vegetables and whole-grain foods • medications/health conditions that affect appetite • implications of sudden weight gain or loss • how to make eating alone a pleasant experience • cooking foods properly & the importance of washing • managing money to make it last throughout the month

ILLINOIS

UNIVERSITY OF ILLINOIS EXTENSION

<p>MOLLY HOFFER <i>Family Life Educator</i></p> <p>MATTESON EXTENSION CENTER 5527 Miller Circle Drive Suite C Matteson, IL 60443</p> <p>Phone: (708) 720-7520 Fax: (708) 720-7529 hoferm@uiuc.edu</p>	<p>Abuse and Neglect</p>	<p>Elder Abuse and Neglect</p> <p>Publication written by Molly Hoffer, who is an Extension Educator in Family Life. In her article, she discusses the symptoms and effects of elder abuse, neglect, and where the elderly can go for help.</p> <p>http://www.urbanext.uiuc.edu/elderabuse/index.html</p>
<p>AARON T. EBATA <i>Family Life Specialist</i></p> <p>UNIVERSITY OF ILLINOIS AT URBANA CAMPAIGN Department of Human and Community Development 905 S. Goodwin Urbana, IL 61801</p> <p>Phone: (217) 333-2912 Fax: (217) 244-7877 ebata@uiuc.edu</p>	<p>Communicating and Serving the Needs of Older Citizens Effectively</p>	<p>Walk In My Shoes (A 4-H Aging Awareness Project)</p> <p>An activity project that reaches across generations and teaches young people about growing older and the physical changes that occur with age. It also teaches those who come in contact with older citizens how to more effectively communicate with them and serve their needs. The project materials are available online.</p> <p><i>Project Materials:</i> http://www.urbanext.uiuc.edu/wims/wimsproject.html</p> <p>http://www.urbanext.uiuc.edu/programs/wims.html</p>
<p>ANGELA WILEY <i>Assistant Professor, Family Studies</i></p> <p>University of Illinois 237 Bevier Hall Urbana, IL 61801</p> <p>Phone: (217) 333-3184 Fax: (217) 244-7877 awiley@uiuc.edu</p>	<p>Newsletters for Grandparents Raising Grandchildren</p>	<p>Parenting Again</p> <p>Newsletter focused on grandparents raising their grandchildren. On this website is a listing of all the web-based versions of the newsletter from past to present issues.</p> <p>http://www.urbanext.uiuc.edu/grandparents/index.html</p>

<p>DIANE RYALS <i>Extension Unit Director, Family/Youth Development</i></p> <p>MORGAN/SCOTT UNIT UNIVERSITY OF ILLINOIS EXTENSION 104 North Westgate Avenue Jacksonville, IL 62650</p> <p>Phone: (217) 243-7424 Fax: (217) 243-1544 dryals@uiuc.edu</p>	<p>Grandparents Raising Grandchildren Support Group</p>	<p>Grandparents Raising Grandchildren Support Group</p> <p>Provides a wide range of family life programs designed to help with the challenges of raising children and making ends meet. A variety of classes and workshops are available along with informative newsletters to keep you up-to-date on the latest parenting information.</p> <p>http://web.extension.uiuc.edu/morgan-scott/newsletters/Family/familylife.htm</p>
<p>KAREN CHAPMAN-NOVAKOFSKI <i>Associate Professor, Nutrition</i></p> <p>UNIVERSITY OF ILLINOIS URBANA CAMPAIGN 343 Bevier Hall 905 S. Goodwin Ave. Urbana, IL 61801</p> <p>Phone: (217) 244-2852 Fax: (217) 244-1873 KMC@uiuc.edu</p>	<p>Diabetes</p>	<p>Diabetes Life Lines</p> <p>In this issue of Diabetes Life Lines:</p> <ul style="list-style-type: none"> Diabetes-The Medical Perspective Diabetes and Food Exercise as a Part of Living Recipes to Try Medication Update New Resources <p>http://www.urbanext.uiuc.edu/diabetes/index.html</p>

INDIANA

PURDUE UNIVERSITY EXTENSION

<p>DREAMA (DEE) LOVE <i>Extension Specialist for Human Development</i></p> <p>PURDUE UNIVERSITY EXTENSION Dept. of Child Development and Family Studies 1200 West State Street West Lafayette, IN 47907</p> <p>Phone: (765) 494-2933 Fax: (765) 494-0503 loved@cfs.purdue.edu</p>	<p>Legal and Policy Challenges</p>	<p>Grandparents Raising Grandchildren: Legal and Policy Challenges</p> <p>Video-based program designed for presentation to grandparents who are raising grandchildren, other relatives who are raising kin, the professionals who work with them as well as any interested community members who wish to become involved.</p> <p>http://www.cfs.purdue.edu/extension/grandparents/</p>
	<p>Grandparents Raising Grandchildren Educational Program</p>	<p>Grandparents Raising Grandchildren Educational Program</p> <p>Video program that is designed to examine the issues and concerns facing grandparents raising grandchildren, to give examples of successful local programs and offers ways to identify local needs to build community programs and information about national organizations and resources.</p> <p>*Available for purchase http://www.uwex.edu/ces/flp/grandparent/aarp.pdf</p>
	<p>Nutrition</p>	<p>Nutrition and Aging</p> <p>Publication for the elderly on the importance of the process of aging and how aging affects nutritional needs.</p> <p>http://www.ces.purdue.edu/extmedia/CFS/CFS-605-W.pdf</p>
<p>CAROLE SURRATT-BRADLEY <i>Program Director for Policy Planning and Communication</i></p> <p>INDIANA FAMILY AND SOCIAL SERVICES 402 West Washington Street Room W461 Mail Stop 25 Indianapolis, IN 46207-7083</p> <p>Phone: 1800 545 7763</p>	<p>Relatives as Parents</p>	<p>Relatives as Parents State Initiative Program</p> <p>This program initiated several kinship care support groups across the state. It also formed the RAPP Steering Committee with representatives from more than 39 state and local service providers and agencies that serve kinship care families to assess the needs of kinship care families.</p>

IOWA

IOWA STATE UNIVERSITY EXTENSION

<p>BARBARA REASNER <i>Secretary</i></p> <p>CENTER ON AGING 2159 Westlawn Iowa City, IA 52242</p> <p>Phone: (319) 335-6576 barbara-reasner@uiowa.edu</p>	<p>Center on Aging</p>	<p>The University of Iowa: Center on Aging</p> <p>Addresses the many needs of the older citizens in Iowa. The Center brings together the people and resources of Iowa in the advancement of aging-related healthcare, public policy, education, research and other components associated with the developmental process of aging.</p> <p>http://www.centeronaging.uiowa.edu</p>
<p>COLLEEN JOLLY <i>Extension Program Specialist for Human Development and Family Studies</i></p> <p>IOWA STATE UNIVERSITY EXTENSION 1086C LeBaron Hall Ames, IA 50011</p> <p>Phone: (516) 294-4824 Fax: (516) 294-5507 cjolly@iastate.edu</p>	<p>Publications on the Elderly at Iowa State University: <i>Variety of Topics</i></p>	<p>Publications on the Elderly at Iowa State University</p> <p>Variety of publications that focus on many topics such as: Questions and Answers about Fat in your Diet, Consumer Choices: Selecting Clothes for Older People in your Care, The Caring Connection News Letter and many others. These publications can also be used by those who take care of the elderly as well.</p> <p>http://www.extension.iastate.edu/pubs/ol.htm</p>

KANSAS


KANSAS STATE UNIVERSITY COOPERATIVE EXTENSION SERVICE

<p>MARY HIGGINS <i>Human Nutrition Extension Specialist</i></p> <p>KANSAS STATE UNIVERSITY Dept. Human Nutrition 202 Justin Hall Manhattan, KS 66506</p> <p>(785) 532-1671 mhiggins@humec.ksu.edu</p>	Nutrition	<p>Human Nutrition Extension Audio Files</p> <p>RealAudio version of an interview with Mary Higgins, a Kentucky State Research and Extension nutritionists, that offers advice on improving the quality of life for older adults through better nutrition.</p> <p>http://www.oznet.ksu.edu/radio/Nutrition/SL-0624.ram</p>
	Importance of Fluids	<p>Fluids are Especially Important for Elders</p> <p>Focuses on the importance of fluids in older people and the decline in the ability to sense thirst with age.</p> <p>http://www.oznet.ksu.edu/humannutrition/elderlywater.pdf</p>
	Experiencing The Divorce Of An Adult Child	<p>Grandparents Forever: For Grandparents Experiencing the Divorce of an Adult Child</p> <p>Fact sheet regarding the situation after a grandparent's child gets divorced. These suggestions might help grandparents adjust to the changes in the lives of their adult child and grandchildren.</p> <p>http://www.oznet.ksu.edu/library/famlf2/mf2417.pdf</p>
	Grandletters	<p>WonderWise Parent Online Courses: Grandletters</p> <p>Encourages grandchildren and grandparents to share their thoughts, feelings and experiences. From it, they will hopefully draw closer together, learn from each other and build a reservoir of happy memories.</p> <p>http://www.ksu.edu/wwparent/courses/gl/index.htm</p>
	Mental Health and Aging	<p>Mental Health and Aging Part 1</p> <p>A satellite program concerning mental health issues affecting Medicaid eligible elders.</p> <p>*Available to order on VHS</p> <p>http://www.oznet.ksu.edu/library/famlf2/video/SV423.asp</p>
	Caregivers of the Elderly	<p>Tenderhearts: A Helping Hand for Caregivers of the Elderly</p> <p>Program that educates the family caregiver on the process of caregiving, quality disease management, and the resources that are available at the community-based, state, or national level. This program also provides an organizational journal to assist the caregiver in tracking the various components of caregiving (e.g., legal, financial, medical, nutritional, etc.)</p>

	Replenishing the Working Caregiver	Replenishing the Working Caregiver Program that educates the family caregiver on the process of caregiving for people over the age of 60, and the importance of partaking in a support group to prevent or decrease potential caregiver burnout. Upon completion of the 3 month support group, caregivers leave with a care buddy. (e.g. one-on-one telephone support or chat room support via the website)
	Communicating Effectively	Communicating Effectively with Health Care Professionals Educates the family caregiver on how to communicate with health care professionals and promote a team approach in the care of their loved one.

KENTUCKY

KENTUCKY STATE UNIVERSITY

JOANNE BANKSTON <i>State Specialist for Family Economics and Management</i> KENTUCKY STATE UNIVERSITY COOPERATIVE EXTENSION PROGRAM 400 E. Main Street Frankfort, KY 40601 Phone: (502) 597-6328 Fax: (502) 597-5933 jbankston@gwmail.kysu.edu	Wills, Legal Documents and Other Important Papers	Getting Your House In Order: Wills, Legal Documents and Important Papers This is a PowerPoint presentation presented by Joanne Bankston and J. Scott Benton with information on getting wills, legal documents, and other important papers together.  Financial Security in Later Life -Wills.ppt
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UNIVERSITY OF KENTUCKY COOPERATIVE EXTENSION SERVICE

DR. SAM QUICK <i>Extension Specialist Human Development and Family Relations</i> UNIVERSITY OF KENTUCKY 304-A Funkhouser Building Lexington, KY 40546 Phone: (859) 257-7753 Fax: (859) 257-3212 squick@uky.edu	Making the Most of Later Life	Aging Gracefully: Making the Most of Your Later Life Adventure A complete educational program on positive aging. The program features a research-based publication and provides a range of creative teaching tools and resources. http://www.ca.uky.edu/agcollege/fcs/aging/
	Aging-Related Sensory Changes	Too Old to Drive? Presents an understanding of age-related vision changes that can affect an elderly person's driving ability. http://www.ca.uky.edu/agcollege/fcs/aging/Additional_Publications.htm

<p>BONNIE TANNER <i>Assistant Director for Family & Consumer Sciences</i></p> <p>COOPERATIVE EXTENSION SERVICE 206 Scovell Hall Lexington, KY 40546</p> <p>Phone: (859) 257-3887 Fax: (859) 257-9032 bonnie.tanner@uky.edu</p>	<p>Clothing</p>	<p>Clothing: Silver Threads for the Golden Years</p> <p>Addresses the number of changes that take place as the body ages that may affect some physical, emotional, social and psychological aspects of a person's life. Clothing can then be used as a tool to help individuals deal with some of the changes brought on by the aging process.</p> <p>http://www.ca.uky.edu/agc/pubs/fcs2/fcs28111/fcs28111.pdf</p>
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MAINE

UNIVERSITY OF MAINE

<p>CARLA GANIEL <i>Senior Companion Program Director</i></p> <p>UNIVERSITY OF MAINE COOPERATIVE EXTENSION 304 Corbett Hall Orono, ME 04469</p> <p>Phone: (207) 581-3326 cganuel@umext.maine.edu</p>	<p>Senior Companion Program</p>	<p>Senior Companion Program</p> <p>Assists adults with special needs through in-home visits to live independently as possible and provides meaningful volunteer opportunities to individuals 60 years of age or older, particularly those on limited outcome.</p> <p>http://www.umext.maine.edu/topics/aging.htm</p>
<p>NELLIE HEDSTROM <i>Nutrition Specialist</i></p> <p>UNIVERSITY OF MAINE COOPERATIVE EXTENSION 300 Corbett Hall Orono, ME 04469</p> <p>Phone: (207) 581-3110 nellieh@umext.maine.edu</p>	<p>Nutrition</p>	<p>Nutrition Education Program</p> <p>Nutrition education staff provides programming to individuals, families, and communities to help them make informed choices about food, to promote healthy lifestyles, and to support economic and social well being. Workshops, programs, and community interventions are available to Maine-based groups on a variety of topics. Educational materials, catalog listings of federally supported materials (including information on school-age nutrition, dietary recommendations, and food labeling) as well as an extensive audio/visual library are also available.</p> <p>http://www.umext.maine.edu/topics/nutritio.htm</p>

<p>JUDITH GRAHAM <i>Human Development Specialist</i></p> <p>UNIVERSITY OF MAINE COOPERATIVE EXTENSION 314 Corbett Hall Orono, ME 04469</p> <p>Phone: (207) 581-3104 jgraham@umext.maine.edu</p>	<p>Fact Sheets</p>	<p>Caregiver Fact Sheets This series of 10 fact sheets provides information for elders and people who care for them.</p> <p>http://www.umext.maine.edu/publications/familiesyouthparenting.htm</p>
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MARYLAND

UNIVERSITY OF MARYLAND

<p>BONNIE BRAUN <i>State Family Life Specialist</i></p> <p>UNIVERSITY OF MARYLAND Department of Family Studies, College of Health & Human Performance 1204A Marie Mount Hall, Office 1210H College Park, MD 20742</p> <p>Phone: (301) 405-3581 Fax: (301) 314-9161</p>	<p>Personal Stories from the Elderly</p>	<p>Sages of the Ages: Stories that Touch and Teach A collection of stories that are lessons on life that can be shared with others - youth filled with energy and a seemingly unending future - adults filled with experience and a future coming to an end. Themes for the stories are based on resiliency research which tells us that individuals and families can develop protective and recovery factors that get them through the challenges of life. The goal is to build resilience capacity through intergenerational storytelling, foster the development of important life skills, encourage community involvement and help teens make a difference in the lives of other people and promote interaction between teens and older adults.</p> <p>http://www.hhp.umd.edu/FMST/Sages</p>
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MICHIGAN

MICHIGAN STATE UNIVERSITY

<p>KATHY J. MAJEWSKI <i>Associate Program Leader</i></p> <p>MICHIGAN STATE UNIVERSITY EXTENSION 138 Trout Food Science Bldg. East Lansing, MI 48824</p> <p>Phone: (517) 432-5278 Fax: (517) 353-6343 majewski@msue.msu.edu</p>	<p>Nutrition</p>	<p>Nutrition for the Young at Heart</p> <p>A toolkit for health professionals and paraprofessionals to use when teaching older adults. Objectives are to increase the awareness of the importance of nutrition in maintaining a healthy life, provide older adults with information and tools to improve health and nutrition status, increase the variety and quality of foods consumed by older adults, and build participation by older adults in food, nutrition and health activities. The toolkit includes tips for successful programs with older adults, background information on nutrition and other factors affecting the nutrition status of older adults, resources for older adults, public relations materials, and twelve lesson plans. Lesson plans include both facilitated group discussion and interactive activities and are based on topics that are relevant to older adults.</p>
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MINNESOTA

UNIVERSITY OF MINNESOTA

<p>MARLENE STUM <i>Associate Professor, Family Economics and Gerontology</i></p> <p>UNIVERSITY OF MINNESOTA 284 McNeal Hall 1985 Buford Avenue St. Paul, MN 55108</p> <p>Phone: (612) 625-4270 Fax: (612) 625-4227 mstum@che.umn.edu</p>	<p>Financing Long-Term Care</p>	<p>Critical Conversations About Financing Long-Term Care</p> <p>A curriculum developed to increase the awareness of the need to plan for changing health and independence as a later life event impacting financial security, to help consumers identify and communicate strategies to manage the risk of long term care and to change behaviors and practices regarding long term risk management.</p> <p>http://fsos.che.umn.edu/stum/ltc/default.html</p>
	<p>Financing Long-Term Care: A Resource Center For Families</p>	<p>Financing Long-Term Care: A Resource Center For Families</p> <p>Helps to improve what people know about long term care as a family financial issue, helps them to take action before crisis, and helps families who are planning ahead to make more informed decisions.</p> <p>http://www.financinglongtermcare.umn.edu/</p>
	<p>Inheritance Of Personal Property</p>	<p>Grandma's Yellow Pie Plate</p> <p>Provides people with practical information about the inheritance of personal property. The goal is to improve family decision making through education and research. This program was developed by Minnesota Cooperative Extension, but is used nationwide.</p> <p>http://www.yellowpieplate.umn.edu/indexB.html</p>

MISSISSIPPI

MISSISSIPPI STATE UNIVERSITY

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MISSISSIPPI STATE UNIVERSITY

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Clothing for the Elderly

Clothing for Special Needs: Clothing for the Elderly

A publication that focuses on the importance of making good clothing choices. Attractive clothing that fits well is important for senior consumers as well as choosing clothes that improve functional independence, offer ease in dressing and undressing, provides physical and thermal comfort, remains adaptable for individual needs and contributes to ease in performing routine duties.

<http://msucares.com/pubs/infosheets/is1558.htm>

Consumer Fraud

Consumer Fraud and Older Mississippians

Focuses on ways that older consumers become victims of fraud and ways to avoid fraud.

<http://msucares.com/pubs/publications/p1813.htm>

Individual Retirement Accounts

Piecing Together Retirement Peace of Mind

A publication on Individual Retirement Accounts , summarizing the recent changes that have been made as well as pointing out ways that the elderly can make IRAs work for them.

<http://msucares.com/pubs/publications/p1418.pdf>

Food Guide

Food Guide for Older Folks

A daily food guide that can help the elderly make good choices when eating at home or eating out.

<http://msucares.com/pubs/infosheets/is1424.htm>

Grandletters

Grandletters

A correspondence program for grandparents and their grandchildren. It strengthens the relationship between grandparents and grandchildren who are separated by distance. In the program, 10 pairs of letters are exchanged between grandparent and grandchild, each focusing on a special issue or topic.

<http://msucares.com/pubs/publications/p1589.html>

MISSOURI

UNIVERSITY OF MISSOURI

<p>NINA CHEN <i>Human Development Specialist</i></p> <p>UNIVERSITY OF MISSOURI EXTENSION 1507 S. Noland Road Independence, MO 64055</p> <p>Phone: (816) 252-5051 chenn@missouri.edu</p>	<p>Community Based Intergenerational Program</p>	<p>Building Bridges</p> <p>A community-based intergenerational program helps bring young and old together for meaningful interactions and experiences through a variety of projects such as arts, living history, computer technology, aging awareness, storytelling, reading, writing, cultural exchange, etc. Education, friendship, and caring are the focuses.</p>
	<p>Understanding the Role of Humor</p>	<p>The Positive Power of Humor</p> <p>This program is to help older adults understand the role of humor in the aging process and explore the beneficial effects of humor on physical and mental health and positive ways of using humor.</p>
	<p>Psychological and Social Issues of Aging Well</p>	<p>Successful Aging</p> <p>Focuses on the psychological and social issues of aging well, as well as briefly covering exercise and nutrition for the elderly.</p> <p>http://iml.umkc.edu/casww/sa/welcome.htm</p>
	<p>Exploring the Meaning in Later Life</p>	<p>The Meaning of Aging</p> <p>Help participants explore meaning in later life from different aspects and have better understanding about persons of different cultures with the experiences of aging in the social and historical contexts.</p>
<p>CANDANCE GABEL <i>Family Nutrition Education Program Coordinator, Associate State Nutrition Specialist</i></p> <p>UNIVERSITY OF MISSOURI-COLUMBIA 308 Gwynn Hall Columbia, MO 65211</p> <p>Phone: (573) 882-9760 Fax: (573) 884-5449 gabelc@missouri.edu</p>	<p>Aging</p>	<p>Aging Quick Answers</p> <p>Answers frequent questions that the elderly may have or their care providers. Some of the aging topics include: <i>Memory Loss, Elder Care, Health, Poverty Grandparents Raising Children, Illness, Abuse, Nursing Homes, Life Expectancy, Aging Well, Osteoporosis, Dehydration and Hyperthermia.</i></p> <p>http://missourifamilies.org/quick/agingqa/agingstart.htm</p>
	<p>Food</p>	<p>Nothing Taste Good Anymore</p> <p>Focuses on the how the sense of smell and taste start to diminish or dull around the age of sixty.</p> <p>http://missourifamilies.org/features/agingarticles/agingfeature7.htm</p>
	<p>Nutrition and Fitness</p>	<p>Nutrition and Fitness: What does it have to do with Aging?</p> <p>Focuses on the disease Sacopenia and what it has to do with aging.</p> <p>http://missourifamilies.org/features/nutritionarticles/fit5.htm</p>

	Alzheimer's Disease	Does Getting Older Mean Alzheimer's Disease? A news article to help family members recognize early warning signs of Alzheimer's. http://missourifamilies.org/features/agingarticles/agingfeature6.htm
	Aging Well	Aging Well A list of the specific nutritional recommendations for those 65 and older. http://missourifamilies.org/features/agingarticles/agingfeature5.htm
	Dehydration in the Winter	Dehydration in the Winter: Elderly at Risk Focuses on why the elderly are most vulnerable to dehydration and some of the common symptoms to look for. http://missourifamilies.org/features/agingarticles/agingfeature4.htm
	Aging Studies	The Center on Aging Studies without Walls Created to help solve problems dealing with the elderly as well as learning more about Elder Mistreatment, Family Issues and Relationships, Mental Health and Aging, Personal Care and much more. http://iml.umkc.edu/casww/taiblcont.htm
	Physical Activity	Physical Activity and Older Adults Focuses on the importance of physical activity for the elderly and the positive effect it has on the body as well as what to consider when thinking about becoming more physically active. http://www.missourifamilies.org/features/healtharticles/health5.htm

LINCOLN UNIVERSITY

DEBORAH JENKINS <i>Interim Coordinator</i> LINCOLN UNIVERSITY COOPERATIVE EXTENSION Paula J. Carter Center on Minority Health and Aging 215 Allen Hall - Box 29 Jefferson City, MO 65102 Phone: (573) 681-5530 Fax: jenkinsg@lincolnu.edu	Minority Health and Aging	Paula J. Carter Center for Minority Health and Aging This center serves disadvantaged African Americans, Hispanic/Latino Americans, Asian and Pacific Islander Americans and Native Americans across Missouri. The purpose of the Center is to improve the quality of life for the minority aging population by reducing disparities and inequities in access to healthcare, health literacy, and healthy behaviors. http://www.luce.lincolnu.edu/PJCCMHA.HTM#mission
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MONTANA

MONTANA STATE UNIVERSITY

<p>SANDY BAILEY <i>Family & Human Development Specialist, Montana State Extension</i></p> <p>MONTANA STATE UNIVERSITY Dept. Health & Human Development 316 B Herrick Hall Bozeman, MT 59717</p> <p>Phone: (406) 994-6745 Fax: (406) 995-2023 baileys@montana.edu</p>	<p>Grandparents Raising Grandchildren</p>	<p>Grandparents Raising Grandchildren</p> <p>Montana State University Extension has teamed up with AARP and several other state agencies and organizations to offer support groups and information for grandparents who are faced with the challenges associated with raising their grandchildren. This statewide project offers parenting programs for grandparents who raise their grandchildren as well as providing a bimonthly newsletter.</p> <p>http://www.montana.edu/wwwhd/grg/index.htm</p>
<p>MARSHA GOETTING <i>Family Economics Specialist</i></p> <p>MONTANA STATE UNIVERSITY P.O. Box 172800 Bozeman, MT 59717 Phone: (406) 994-5695 Fax: (406) 994-4838 goetting@montana.edu</p>	<p>Finances</p>	<p>Talking with Aging Parents about Finances</p> <p>This MontGuide provides strategies to help overcome barriers that often hinder conversations with aging family members about money. It also explores alternatives to consider if a parent is healthy, but needs assistance with finances and legal options if one or both parents are incapacitated.</p> <p>http://www.montana.edu/wwwpb/pubs/mt9324.html</p>
	<p>Medicaid</p>	<p>Medicaid and Long-Term Care Costs</p> <p>Ways Montanans can provide for long-term care costs, federal and state eligibility requirements for Medicaid, the application process, and much more.</p> <p>http://www.montana.edu/wwwpb/pubs/mt9511.html</p>

NEBRASKA

UNIVERSITY OF NEBRASKA

<p>JOHN DEFRAIN <i>Extension Faculty Member</i></p> <p>UNIVERSITY OF NEBRASKA COOPERATIVE EXTENSION 254 Mable Lee Hall Lincoln, NE 68588-0236</p> <p>(402) 472-1659 jdefrain1@unl.edu</p>	<p>Being a Grandparent</p>	<p>Being a "GRAND" Parent</p> <p>A guide that explores grandparenting. It focuses on the benefits of being a grandparent, suggestions on how to be a grandparent, ways to have fun with your grandchildren, and precautions to take when grandchildren arrive for the first time.</p> <p>http://ianrpubs.unl.edu/family/heg210.htm</p>
<p>JULIE JOHNSON <i>Dept. Chair, Family and Consumer Sciences Department</i></p> <p>UNIVERSITY OF NEBRASKA- LINCOLN 135B Mabel Lee Hall Lincoln, NE 68588-0236</p> <p>PHONE: (402) 472-2957 Fax: (402) 472-9170 jjohnson1@unl.edu</p>	<p>Long-Term Care</p>	<p>Long-Term Care: Options, Cost and Preparations</p> <p>Defines options and raises questions to be discussed with family members when considering long term care.</p> <p>http://ianrpubs.unl.edu/he-forms/hef514.html</p>
<p>KATHY BOSCH <i>Extension Specialist, Family Life Education, Assistant Professor, Family and Consumer Sciences</i></p> <p>PANHANDLE RESEARCH AND EXTENSION CENTER 4502 Avenue I Scottsbluff, NE 69361-4939</p> <p>Phone: (308) 632-1244 Fax: (308) 632-1365 kbosch2@unl.edu</p>	<p>Mental Health and Aging</p>	<p>Mental Health and Aging</p> <p>Information about facts on mental health and aging, warning signs, and contact information for different mental health services.</p> <p>http://ianrpubs.unl.edu/family/nf574.htm</p>
	<p>Stressors for Aging Adults</p>	<p>Common Stressors for Aging Adults</p> <p>Lists the major stressors such as loneliness and isolation, loss of purpose, loss of independence, changes in health, decreased physical ability, and demands of caregiving, that aging adults should be aware of.</p> <p>http://ianrpubs.unl.edu/family/nf575.htm</p>
	<p>Grief</p>	<p>Grief – A Human Experience</p> <p>Explains why grief seems to happen more often when people are older, some of the common responses they may have as well as tips for dealing with grief.</p> <p>http://ianrpubs.unl.edu/family/nf576.htm</p>

	Mental Illness	How Can I Help An Older Person Who May Have a Mental Illness? An article especially for caretakers who work with the elderly. The article focuses on how to talk to an older person with a mental illness and how to refer them for help as well as references for where to go. http://ianrpubs.unl.edu/family/nf578.htm
	Aging Sexuality	Aging Sexuality Explains the sexual stages and phases that an aging man and woman may go through as older adults. http://ianrpubs.unl.edu/family/nf579.htm

NEVADA

UNIVERSITY OF NEVADA

CLAUDIA COLLINS Phone: (702) 257-5532 collinsc@unce.unr.edu	Mental Health and Self-Esteem	"Seniors Can" Community based program that takes place in senior centers or congregate sites for adults 55 and older. The program is designed to maintain mental health acuity, self-efficacy and wellness to improve quality of life. On this website is a volunteer training manual that explains the program in greater detail with ideas and examples of how to put a "Seniors Can" program together. http://www.unce.unr.edu/publications/CMPPubs/CM0303.pdf http://www.unce.unr.edu/impacts/cyf.hn.SeniorsCAN.pdf
	Preventing Crime in the Home	Preventing Crime in the Home Detailed information developed to remind the elderly of precautions that they should take to prevent from being defrauded and to keep their home secure. http://www.unce.unr.edu/publications/FS01/FS0126.pdf
	Active Aging	Active Aging A fact sheet with a variety of choices for example: paid employment or educational opportunities that the elderly can do to maintain an active lifestyle that unlocks the doors to many opportunities and health benefits. http://www.unce.unr.edu/publications/FS02/FS0206.pdf
	Safety	Reduce Accidental Falls In Your Home A guide for the elderly on safety tips and ways to avoid different hazards to make their home a safer and more comfortable place to live. http://www.unce.unr.edu/publications/FS99/FS9947.htm

NEW HAMPSHIRE

UNIVERSITY OF NEW HAMPSHIRE

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Nutrition

NutriNews: Nutrition for Seniors (newsletter)

A variety of information on nutrition for the seniors such as Hearty Recipes, Food Safety and much more.

<http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews1.pdf>
<http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews2.pdf>
<http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews3.pdf>
<http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews4.pdf>
<http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews5.pdf>
<http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews6.pdf>
<http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews7.pdf>
<http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews8.pdf>

Nutrition

Smart Choices (newsletter)

A newsletter specifically designed to give adults information to improve nutrition without increasing the dollar amount spent on food. Also included in each newsletter is a healthy recipe as well as a question and answer section for inquiries about healthy eating.

<http://ceinfo.unh.edu/Pubs/PubsFN/SmartC/SCNvol6.pdf>
<http://ceinfo.unh.edu/Pubs/PubsFN/SmartC/SCNvol5.pdf>
<http://ceinfo.unh.edu/Pubs/PubsFN/SmartC/SCNvol4.pdf>
<http://ceinfo.unh.edu/Pubs/PubsFN/SmartC/SCNvol3.pdf>
<http://ceinfo.unh.edu/Pubs/PubsFN/SmartC/SCNvol2.pdf>
<http://ceinfo.unh.edu/Pubs/PubsFN/SmartC/SCNVol1.pdf>

NEW JERSEY

RUTGERS UNIVERSITY

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Osteoporosis

Strong Bones for a Lifetime

An Osteoporosis Risk Self-Assessment Quiz that allows women to know beforehand if they are at risk for Osteoporosis. By taking this quiz, they are contributing to a study on Osteoporosis risk.

<http://www.rce.rutgers.edu/health/strongbones.asp>

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**Making A
Change**

Making A Change: Priorities, Goal Setting and Action

Ways to change your relationships, physical well-being, how to manage money, and psychological well-being by setting priorities, goals, and taking action.

<http://www.rce.rutgers.edu/pubs/pdfs/fs983.pdf>

Living Wills

Its Your Choice: Living Wills

This fact sheet is designed to provide basic information on the living will issue so that informed health care decisions can be made.

<http://www.rce.rutgers.edu/pubs/pdfs/e286.pdf>

Health Care

Advance Directives for Health Care

Provides information on the importance of advance care directives. Advance care directives help the family of the loved one, know what healthcare decisions to make, if they were placed in the position of making potential life and death health care decisions for their loved one.

<http://www.rce.rutgers.edu/pubs/pdfs/fs622.pdf>

NEW MEXICO

NEW MEXICO STATE UNIVERSITY

<p>DIANA DEL CAMPO <i>Extension Specialist</i></p> <p>NEW MEXICO STATE UNIVERSITY Box 30003 Department 3AE Las Cruces, NM 88003</p> <p>Phone: (505) 646-6031 Fax: (505) 646-1889 ddelcamp@nmsu.edu</p>	<p>Grand-parenting</p>	<p>Grandparenting</p> <p>A publication on how more grandparents are becoming the largest growing group seeking to become foster parents or to adopt their biological grandchildren. The roles of being a grandparent have changed dramatically and this publication focuses on relationships with grandchildren and 30 easy and quick activities to do with grandchildren.</p> <p>http://www.cahe.nmsu.edu/pubs/f/F-406.pdf</p>
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NEW YORK

CORNELL UNIVERSITY

<p>JOSEPHINE SWANSON <i>Assistant Dean for Extension & Outreach, Associate Director of Cooperative Extension</i></p> <p>CORNELL UNIVERSITY 186 Martha Van Rensselaer Hall Ithaca, NY 14853</p> <p>Phone: (607) 255-2247 Fax: (607) 255-3794 jas56@cornell.edu</p>	<p>Retirement Planning and Factors Predicting Health, Well-Being And Productivity</p>	<p>The Cornell Midcareer Path And Passages Study</p> <p>Explores career and retirement planning, as well as factors predicting the health, well-being and productivity of the baby boom cohort. Social integration in the form of paid and unpaid productive engagement, and family patterns of decision-making are pivotal concepts to this study.</p> <p>http://www.lifecourse.cornell.edu/archives/misc/midcareer_2001.pdf</p>
	<p>Retirement Transition And Life After Retirement</p>	<p>The Cornell Retirement And Well Being Study</p> <p>A study based on three interviews with 763 older workers and retirees from six companies in upstate New York. Their ages ranged from 50-72 at the time of the first interview (1994-95), and they were subsequently interviewed in 1996-97 and in 1998-99. This study is enabling investigations into both the retirement transition and life after retirement. Key findings include the gendered nature of the pathways to and through retirement, the importance of post-retirement employment and social participation for psychological well-being, and the wide variation in worker's expectations about the timing of their retirement.</p> <p>http://www.lifecourse.cornell.edu/archives/misc/retirement_study.pdf</p>

	Promoting Social Integration In Long-Term Care	Promoting Social Integration In Long-Term Care A study being conducted by Karl Pillemer and associates that will launch a major randomized controlled experiment involving 1,200 family members and staff in 20 long-term care facilities. This study will test intervention, piloted extensively over the past four years, which trains these groups in active listening, communication skills, and practical techniques for resolving conflicts. The research seeks to assess how well such training can reduce interpersonal conflict between facility caregivers and the family members of residents, improve communication between the two groups, and enhance resident, family, and staff well-being.
	Residential Changes and Adjustment in Later Years	Pathways to Life Quality Contains research findings and highlights from a long-term study of residential change and adjustment in the later years. http://www.pathwayslifequality.org/
CORNELL COOPERATIVE EXTENSION – ORANGE COUNTY COMMUNITY CAMPUS 1 Ashley Avenue Middletown, NY 10940 Phone: (845) 344-1234 Fax: (845) 343-7471 orange@cce.edu	Relatives as Parents Program	Relatives as Parents Program This program is designed to assist grandparents and other relatives who have taken on the role of primary caregiver for related children. We provide: <ul style="list-style-type: none"> • Education and training to learn new parenting and advocacy skills • Mutual peer support groups • Referral and access to appropriate community based services and resources http://www.cce.cornell.edu/Orange/rappbroch02.pdf

NORTH CAROLINA

NORTH CAROLINA STATE UNIVERSITY

JACQUELYN MCCLELLAND <i>Professor & Specialist, Nutrition</i> NORTH CAROLINA STATE UNIVERSITY Box 7605 Raleigh, NC 27695-7605 Phone: (919) 515-9148 Fax: (919) 5152786 Jackie_mcclelland@ncsu.edu	Building Bones	Building Bones for a Lifetime Explains the many risk factors of Osteoporosis and ways to increase Calcium in the body to prevent this disease as well as other dietary factors to help prevent Osteoporosis. http://www.ces.ncsu.edu/depts/fcs/food/pubs/fcs-452.pdf
	Grandparents Raising Grandchildren: A Resource Guide For Professionals	Grandparents Raising Grandchildren: A Resource Guide For Professionals A guide designed to supply information to professionals who work with grandparents. Provided in the manual is a brief introduction to the situation of grandparents raising their grandchildren, a guide to materials that may address some grandparents parenting needs, and a listing of resources that may assist them with their parenting activities. http://www.ces.ncsu.edu/depts/fcs/nnfr/grandman/
	Preventing Malnutrition	Partners In Wellness A project created to help prevent malnutrition in North Carolina's older adults with limited income. www.ces.ncsu.edu/Wellness/
	Keeping The Heart Healthy	Give Your Heart A Healthy Beat This program provides you with research-based information that can be used to help you make healthful changes in your eating and exercise habits and is designed to help prevent cardiovascular disease. http://www.ces.ncsu.edu/depts/fcs/food/hhb/index.htm
LUCILLE BEARON Phone: (919) 515-9146 luci_bearon@ncsu.edu	Aging	Aging with Gusto An aging program designed to help people age with gusto by teaching them how to achieve optimum financial, physical and mental well-being in their later years. They also learn how to prepare for and cope with problems related to finances, legal issues, health, care-giving, housing, and self-care. http://www.ces.ncsu.edu/depts/fcs/pub/1998/awg.html
	Ask the Specialist	Ask the Specialist Expert answers on nutrition for the elderly pertaining to heart disease, cancer, stroke, diabetes, and obesity. http://www.ces.ncsu.edu/depts/fcs/ask/form_mcclelland.html

	Long Term Care Settings	Quality of Life in Long-Term Care Settings: A Look at Some Trends in Humanizing Nursing Homes Thoughtful discussions of quality of life in institutional long-term care settings accompanied by discussion of numerous innovations in the delivery of care to improve resident or patient outcomes. http://www.ces.ncsu.edu/depts/fcs/pub/ltc.html
	Successful Aging	Successful Aging: What does the “good life” look like? Focuses on the most commonly used term to describe a good old age, “successful aging and how it should focus on people with better than average physiological and psychosocial characteristics in late life, or “successful agers” as opposed to average or “usual agers.” The publication focuses on the two major theories of aging and the emerging trends. http://www.ces.ncsu.edu/depts/fcs/pub/aging.html
VICTOR MARSHALL Phone: (919) 966-9444 victor_marshall@unc.edu	Aging	UNC Institute of Aging Improves the well-being of older adults in the North Carolina area through collaborations in research, education, and public service. http://www.aging.unc.edu/
	Understanding Long-Term Care Facility Options	Know Where You Are Going and What To Expect Before You Get There Briefly introduces the various types of long-term care facilities, the laws and regulations that pertain to each, sources of payment, and some common questions that arise in the different settings. http://www.ces.ncsu.edu/depts/fcs/pub/1998/ltc2.html
KAREN DeBORD <i>Child Development Specialist</i> NORTH CAROLINA STATE UNIVERSITY Campus Box 7605 Raleigh, NC 27695 Phone: (919) 515-9147 Fax: (919) 515-2786 karen_debord@ncsu.edu	The Elderly and Young Children	Intergenerational Intrigue A newsletter article on how the elderly and young children are being brought together in a variety of ways in child care settings. There are advantages for both age groups in this type of setting which are included in the article. http://www.nncc.org/ComDev/dc34_intergeneration.html

NORTH DAKOTA

NORTH DAKOTA STATE UNIVERSITY

<p>SEAN BROTHERSON <i>Family Science Specialist</i></p> <p>NORTH DAKOTA STATE UNIVERSITY E. Morrow-Lebedeff 351 Box 5057 Fargo, ND 58105</p> <p>Phone: (701) 231-6143 Fax: (701) 231-6143 sbrother@ndsuent.nodak.edu</p>	Grand-parenting and Step-Grand-parenting	<p>More Than Cookies and Milk</p> <p>Points out the importance of today's grandparents and the extra roles that they fulfill that are especially important to today's young families whether it be helping to deal with divorce, distance, or working parents.</p> <p>http://www.ext.nodak.edu/extpubs/yf/famsci/fs547w.htm</p>
	Influence of Grandparents and Step-Grandparents	<p>The Influence of Grandparents and Step-Grandparents on Grandchildren</p> <p>Focuses on the increased attention on the importance of grandparents and step-grandparents in reference to the emphasis on grandparenthood and step-grandparenthood that is a reflection of the increased life span.</p> <p>http://www.ext.nodak.edu/extpubs/yf/famsci/fs548w.htm</p>
	Rights of Grandparents and Step-Grandparents in North Dakota	<p>You and the Law in North Dakota: The Rights of Grandparents and Step-Grandparents</p> <p>A publication that answers a number of common questions concerning the rights of grandparents based on the North Dakota law.</p> <p>http://www.ext.nodak.edu/extpubs/yf/famsci/fs549w.htm</p>
	Grandparents Becoming Parents to Their Grandchildren	<p>When Grandparents Become Parents to Their Grandchildren</p> <p>Explains how influential grandparents are when they assume the role of the parent for their grandchildren and how they feel a greater sense of purpose in life because of their caretaking responsibility.</p> <p>http://www.ext.nodak.edu/extpubs/yf/famsci/fs561w.htm</p>
	Grandparent-Grandchild Relationships	<p>Focus on the Little Things: Grandparent-Grandchildren Relationships</p> <p>Focuses on the importance of quality time between grandparents and grandchildren by making memories and taking time to be together whether near or far.</p> <p>http://www.ext.nodak.edu/extpubs/yf/famsci/fs562w.htm</p>

OHIO

OHIO STATE UNIVERSITY

CHRISTINE PRICE

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Columbus, Ohio 43210

Phone: (614) 292-6063

Fax: (614) 247-6063

cprice@hec.ohio-state.edu

Elder Abuse

Elder Abuse

A fact sheet on the different forms of elder abuse, what to look for if elder abuse is suspected and what is being done to help the abused.

<http://ohioline.osu.edu/hyg-fact/5000/5308.html>

Caring For The Terminally Ill

Caring For The Terminally Ill

Describes each of the four main areas of care for those who are coping with dying - physical, psychological, social, and spiritual. While the information applies directly to the dying person, it is also relevant to others who are coping with dying - the family members, friends, and associates of the dying person, as well as professional and volunteer caregivers.

<http://ohioline.osu.edu/hyg-fact/5000/5315.html>

Biotechnology And The Food You Eat

Biotechnology And The Food You Eat

A fact sheet on the biological alteration of plants and animals. It provides information, ideas, or tips on how they have applied this process into what seniors are eating daily.

<http://ohioline.osu.edu/ss-fact/0177.html>

Gardening

Gardening With Seniors

Focuses on gardening for older adults. It provides information, ideas, or tips on the positive effects of gardening for seniors.

<http://ohioline.osu.edu/ss-fact/0178.html>

Grandfathers

What About Grandfathers?

A fact sheet on the role of a grandfather. It provides information, ideas, or tips on the effects of having a strong relationship between grandfather and his grandchildren.

<http://ohioline.osu.edu/ss-fact/pdf/0195.pdf>

Senior Series *Variety of Topics*

Senior Series

A series of fact sheets on various topics related to adult development and aging such as how to communicate with a doctor, over-the-counter medication drugs, strategies for successful health, and much more.

<http://www.hec.ohio-state.edu/famlife/aging/fs.htm>

Facts About Caregivers and the Elderly

Facts About Caregivers and the Elderly

A fact sheet on the problems and challenges faced by adult children as they care for their parents.

<http://ohioline.osu.edu/hyg-fact/5000/5203.html>

	Resources for Older Adults	Aging in Ohio Informational site related to aging and older adults with resources for seniors and their families, programming information for professional working with seniors, and information about aging education events that are being offered in Ohio. http://www.hec.ohio-state.edu/famlife/aging/index.htm
	Medication Misuse	Medication Misuse Among Older Adults A fact sheet with a list of how misuse of medication could occur among older adults. http://ohioline.osu.edu/ss-fact/0128.html
	Newsletter for Older Adults	Hotline Newsletter A bi-monthly researched based publication designed for older adults and/or professionals who work with an aging population. There are seven topics that are included in each issue that range from Active Aging to News to Know for older adults. http://www.hec.ohio-state.edu/famlife/aging/hotline.htm
	Communication	"Life Planning: It Begins with Communication" A comprehensive curriculum designed to address communication about end-of-life issues and tools needed to make important later life decisions.
	Housing Solutions	Universal Design: Housing Solutions for All Ages and Abilities Community education program on Universal Design and home modification for all ages and disabilities. Included in this program is a Leader's Guide and CD as well as Multiple Workshop Handouts. http://hec.osu.edu/ud/
	Estate Planning	Estate Planning Considerations for Ohio Families A website to familiarize Ohio readers with the issue associated with estate creation and transfer, to provide the basis of understanding estate planning terms, and to assist in outlining personal objectives. http://ohioline.osu.edu/estate/index.html
	Retirement	"Honey, I'm Home!" – For Good: The Transition to Retirement An article to help retiree's feel that retirement is not a loss of roles, income, or socially recognized productivity. It all depends on the circumstances, whether retirement is taken voluntarily or involuntarily as well as their health. http://ohioline.osu.edu/hyg-fact/5000/5159.html
	Arthritis and Flexibility	Living with Limitations: Arthritis and Flexibility Advises the elderly of ways to do certain tasks around the house or outside by determining which tasks are easy and which ones are difficult as well as ideas of ways to make difficult tasks easier. http://ohioline.osu.edu/hyg-fact/5000/5273.html

	Endurance and Low Energy	Living with Limitations: Endurance and Low Energy Informs the elderly to begin tasks with an open-mind if they have a lack of endurance and low energy as well as giving them ideas of many ways and degrees of accomplishing any task. http://ohioline.osu.edu/hyg-fact/5000/5274.html
	Eyesight	Living with Limitations: Eyesight An article specifically for the elderly who are blind or have limited or failing eyesight which helps them understand that organization is the most important factor in achieving independence. http://ohioline.osu.edu/hyg-fact/5000/5275.html
	Mobility	Living with Limitations: Mobility Focuses on helping those in wheelchairs, those who may have a walking problem or any type of physical problem by giving them ideas on ways to maneuver around certain objects and how to make changes to accommodate those with physical disabilities and limitations. http://ohioline.osu.edu/hyg-fact/5000/5276.html
	Last Wishes	Last Wishes A fact sheet on the last wishes of someone you know. It discusses such subjects as sustaining life, improved care, and making one's wishes known. http://ohioline.osu.edu/flm01/FS26.html
	Grandparenting	Grandparenting Information on grandparenting, the role of a grandparent, and how one should act while grandchildren are visiting. http://ohioline.osu.edu/hyg-fact/5000/5213.html
	Benefits Of Grandparenting	Benefits Of Grandparenting Describes the benefits of grandparenting for both the grandparents and the grandchildren. It provides ways to be a better grandparent and how you can have fun even through long-distance relationships. http://ohioline.osu.edu/hyg-fact/5000/5313.html
	Grandparents Raising Grandchildren	Grandparents Raising Their Grandchildren A fact sheet on the heightened number of grandparental care in America. It also lists the reasons why the numbers are increasing and where to get help. http://ohioline.osu.edu/flm01/FS25.html
	Stress Busters	Sixty-Second Stress Busters Lists symptoms associated with stress and some quick relaxation exercises one can do to relieve their stress. http://ohioline.osu.edu/flm01/FS19.html

	Importance of an Older Parent's Roll	In Praise of Older Persons An article discussing the importance of an older parent's role. http://ohioline.osu.edu/hyg-fact/5000/5306.html
	Optimizing Capabilities	Older Americans Fact sheet on ways the elderly can optimize their capabilities in the aging process. http://ohioline.osu.edu/hyg-fact/5000/5224.html

OKLAHOMA

OKLAHOMA STATE UNIVERSITY

JERI ROBERTSON <i>Senior Secretary, Cooperative Extension Service</i> OKLAHOMA STATE UNIVERSITY 333 Human Environmental Sciences Stillwater, OK 74078 Phone: (405) 744-6231 Fax: (405) 744-1461 jeri.robertson@okstate.edu	Effect of Aging on the Sensory	Understanding the Effects of Aging on the Sensory System Discusses how the different senses are affected by aging. It also discusses how to recognize vision, hearing, taste, touch, and smell loss as well as how to help moderate the loss. http://osuextra.okstate.edu/pdfs/T-2140web.pdf
	Food Intake	Food Intake in Later Years Emphasizes how some physical changes that occur with aging can affect dietary intake. http://osuextra.okstate.edu/pdfs/T-3148web.pdf
	Nutrition	Nutrition in Later Years Informs the elderly that good dietary patterns can contribute to both good health and survival in middle age and beyond. http://osuextra.okstate.edu/pdfs/T-3149web.pdf
	Diet and Osteoporosis	Diet and Osteoporosis Discusses the symptoms, complications of, and ways to lower the risk of osteoporosis. http://osuextra.okstate.edu/pdfs/T-3152web.pdf
	Discipline Methods	Discipline Methods for Parents and Grandparents A guide on ways to help discipline children in an effective, but positive manner so that parents and grandparents will raise responsible, confident children who grow up to think for themselves, care about others, and live satisfying and useful lives. http://www.fcs.okstate.edu/parenting/discipline/parents/Discipline_Methods_Parents_Grandparents.pdf

OREGON

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Responsibilities of Parent Care

Sharing The Responsibilities of Parent Care: Sibling Relationships In Later Life

Provides strategies and suggestions for sharing the responsibilities of providing care to aging parents among siblings.

<http://eesc.orst.edu/agcomwebfile/edmat/html/ec/ec1458/ec1458.html>

Grandparenting Today

Grandparenting Today

Gives a summary discussion of the expanding role of grandparents as well as step-grandparenting.

<http://eesc.orst.edu/agcomwebfile/edmat/html/ec/ec1459/ec1459.html>

Relationships Between Grandparent and Grandchild

Simple Ideas for Facilitating Grandparents-Grandchild Exchanges At Home

Simple ideas of what the generation in the middle can do to help build closer relationships between young family members and older adults.

<http://intergenerational.cas.psu.edu/Docs/GrandparentFactSheet.doc>

Finances

Talking With Aging Parents About Finances

Provides strategies for dealing diplomatically with family finance issues with aging parents.

<http://www.montana.edu/wwwpb/pubs/mt9324.pdf>

Depression In Later Life

Depression In Later Life: Turning Sadness Around

This two-hour workshop reviews facts surrounding mild to major depressive disorders, the prevalence and causes of depression in older people, current treatment recommendations, and challenges in the diagnosis of late life depression. A variety of resource materials are provided to each participant. Pre-registration is requested and continuing education credits are available for licensed foster care providers, nursing home administrators, and clinical social workers.

<http://extension.oregonstate.edu/fcd/aging/conted.php>

Sex and Aging

Sex and Aging: A Game of Awareness and Interaction

Developed for use with community service providers, long term care staff, and others who work with older adults. Sexuality and aging is not an easy subject for many people to discuss, and yet, it often presents distress to people in their work. Players face sexual-related situations and issues involving older adults and are challenged to examine their attitudes and make decisions. Includes four sets of game cards- Issues, Daily Changes, Crisis and Conflict, and Relationships.

<http://extension.oregonstate.edu/fcd/aging/extpubs.php>

	Parenting Grandchildren	Parenting Grandchildren: Issues for grandparents and other relatives who are raising children. http://extension.oregonstate.edu/fcd/parentchild/grandchildren/index.php
	Dependency	When Dependency Increases Series A series of seven multi-media workshop designed for families, care providers, and older adults. Each workshop package includes a 16-20 minute color slide/tape production, script, a comprehensive instructor's guide for conducting a 1 to 3 hour workshop, overhead transparency masters, participant handouts, worksheets, and color videotape (of the slide/tape program). The workshop is sold as a complete package (includes the videotape). \$300.00 http://extension.oregonstate.edu/fcd/aging/extpubs.php
	When Health Fails	Aging Parents: Helping When Health Fails Discusses family relationships and decision-making in later life and general guidelines to consider when a family faces the dilemma of what to do when an older family member becomes frail and changes must be faced. \$2.50 http://eesc.orst.edu/agcomwebfile/edmat/html/PNW/PNW246/PNW246.html
	Alcohol Problems	Alcohol Problems in Later Life Discusses factors related to the development of alcohol problems in later life, signs of an alcohol problem, how to raise concerns with an older person, the intervention process, and guidelines for selecting a treatment program. \$1.50 http://eesc.orst.edu/agcomwebfile/edmat/html/PNW/PNW342/PNW342.html
	Managing Stress When Caring for Elderly Relatives	Coping with Caregiving: How to Manage Stress When Caring for Elderly Relatives A guide for helping caregivers to maintain their own well-being while providing care to others. Discusses sources of care-giving stress, warning signals, and ways to manage stress. \$2.00 http://eesc.orst.edu/agcomwebfile/edmat/PNW315.pdf
	Coping With Your Loss And Grief	Coping With Your Loss And Grief Designed to help older people and others to understand and cope with their own loss and grief and to sensitively respond to the grief of others. \$1.00 http://eesc.orst.edu/agcomwebfile/edmat/html/PNW/PNW438/PNW438.html
	Depression In Later Life: <i>Recognition And Treatment</i>	Depression In Later Life: Recognition And Treatment Discusses depression and factors related to its onset in later life; signs of depression in older adults; treatments; ways to help the depressed person; and how to recognize and respond to the suicidal person. \$2.50

	Driving Decisions	Driving Decisions In Later Life Discusses age-related changes that can affect driving, the significance of the ability to drive in our lives, and factors to consider when approaching an older person about his or her driving. <p style="text-align: right;">\$2.50</p> <p style="text-align: right;">http://eesc.orst.edu/agcomwebfile/edmat/PNW510.pdf</p>
	Helping Memory-Impaired Elders	Helping Memory-Impaired Elders: A Guide For Caregivers Discusses dementia in later life and ways to cope more effectively with the resulting changes. Provides general care and management guidelines and how to handle specific problems such as driving, wandering, money management, hallucinations, eating, incontinence, hiding of items, and communication. <p style="text-align: right;">\$1.50</p> <p style="text-align: right;">http://eesc.oregonstate.edu/agcomwebfile/EdMat/pubresults.lasso?sortnum=0404&skip=10</p>
	Finances	Helping Your Older Family Member Handle Finances Gives guidelines for assisting an older person who can no longer manage his or her finances. Discusses formal financial planning tools such as: joint bank accounts, power of attorney, living trusts, representative payee, and conservator ship. <p style="text-align: right;">.50</p> <p style="text-align: right;">http://eesc.orst.edu/agcomwebfile/edmat/PNW344.pdf</p>
	Hiring And Working With In-Home Care Providers	Hiring And Working Successfully With In-Home Care Providers A guide to finding, screening, and hiring in-home workers. Discusses the advantages and disadvantages of hiring help privately versus hiring assistance through an agency and the responsibilities of hiring help on your own. Offers guidelines for developing effective working relationships with in-home workers. <p style="text-align: right;">\$2.50</p> <p style="text-align: right;">http://eesc.orst.edu/agcomwebfile/edmat/PNW547.pdf</p>
	Living Arrangements	Living Arrangements In Later Life Discusses the impact a move can have on a person, living arrangement options for older people with different needs, and factors to consider when selecting a living arrangement. <p style="text-align: right;">\$1.00</p> <p style="text-align: right;">http://eesc.orst.edu/agcomwebfile/edmat/PNW318.pdf</p>
	Loss And Grief	Loss And Grief In Later Life Provides an understanding of loss and grief in later life and how to sensitively respond to the grief of others. Although emphasis is on losses experienced in later life, most information is equally applicable to grief throughout adulthood. <p style="text-align: right;">\$3.00</p> <p style="text-align: right;">http://eesc.orst.edu/agcomwebfile/edmat/html/PNW/PNW439/PNW439.html</p>

	Making Decisions About A Nursing Home	Making Decisions About A Nursing Home Provides guidelines for making decisions about a nursing home, assessing family and community resources, selecting a quality facility, and dealing with the feelings of everyone. Discusses ways to maintain positive contact with older family members who live in nursing homes. <div style="text-align: right;">\$3.50</div> http://eesc.orst.edu/agcomwebfile/edmat/PNW563.pdf
	Children And Frail Elders	Making Connections: Children And Frail Elders Interactions between children and their frail elders can benefit both generations. Children can gain an understanding of aging and develop meaningful relationships with older persons. Frail elders can enjoy the happiness and satisfaction of a relationship with a child. Offers tips for creating positive interactions and maintaining connections between children and frail elderly. <div style="text-align: right;">\$1.00</div> http://eesc.orst.edu/agcomwebfile/edmat/html/FS/FS327/FS327.html
	Managing Urinary Incontinence	Managing Urinary Incontinence For Healthy Aging Discusses age-related changes in the urinary system, factors that contribute to urinary incontinence, types of incontinence, treatments, and how to manage when incontinence cannot be completely cured. <div style="text-align: right;">\$1.00</div> http://eesc.orst.edu/agcomwebfile/edmat/html/PNW/PNW408/PNW408.html
	Sensory Changes	Sensory Changes In Later Life Discusses the sensory changes such as: vision, hearing, taste, smell, and touch, that commonly occur in later life, and the implications of these changes for the older person and for those who work with elders. <div style="text-align: right;">\$1.00</div> http://eesc.orst.edu/agcomwebfile/edmat/html/PNW/PNW196/PNW196.html
	Talking About Difficult Health Care Decisions	Talking To Your Family And Doctor About Difficult Health Care Decisions Helps people to discuss their thoughts and feelings about difficult medical decisions with their family and doctors. It describes life-prolonging procedures and treatments, offers questions to ask one's self about life-sustaining treatments, gives specific guidelines for initiating a conversation in advance of need, and discusses how ethics committees in care facilities can help when there is a disagreement about a person's care. <div style="text-align: right;">\$1.25</div> http://eesc.oregonstate.edu/agcomwebfile/EdMat/pubresults.lasso?sortnum=0404&skip=0

	Grandparenting Today	Ties That Bind: Grandparenting Today Grandparenting has become a phenomenon of middle age rather than old age. As such, grandparents may be experiencing some midlife crises of their own such as career change, divorce, widowhood, dating, remarriage, or health problems. They also may be concerned about the care of their own older parents. Increased mobility of families means that generations may live apart. Geographic separation makes the relationship grandchildren have with grandparents different from how it was when generations lived in the same town all their lives. Nevertheless, modern communication and travel make it possible for them to be emotionally close. Modern grandchildren come in all ages, not just the smiling baby. They are in all stages of development--the "terrible twos," the cooperative and talkative 9-year-old, and the contrary teenage years. They are even "middle aged." Some people in their 40s still have grandparents living. http://eesc.orst.edu/agcomwebfile/edmat/html/EC/EC1459/EC1459.html
	Alzheimer's Disease	Alzheimer's Disease And Related Disorders: Understanding Memory Loss From Multiple Perspectives Covers identification, diagnosis, and treatment of dementia, including the perspectives of family members and caregivers. http://www.AlzheimerSeminar.com <i>*This is not an Oregon State Publication but Sally Bowman was an author.</i>

PENNSYLVANIA

PENNSYLVANIA STATE UNIVERSITY

MATTHEW KAPLAN <i>Associate Professor, Intergenerational Programs & Aging</i> PENNSYLVANIA STATE UNIVERSITY 315 Ag Administration Building University Park, PA 16802 Phone: (814) 863-7871 Fax: (814) 863-4753 msk15@psu.edu	Developing Intergenerational Programs	"Developing an Intergenerational Program in Your Early Childhood Childhood Education Center" Guidebook Provides helpful suggestions for early childhood professionals interested in involving senior adults in early childhood care and education programs. Provides effective practices for finding and training senior volunteers, preparing staff, and integrating senior adults into the curriculum. Emphasis is placed on the idea that with good support and training, senior adults can do more than assist with the existing curriculum that is developed by professional staff; they can become valuable curriculum makers and contribute to all sorts of positive changes in the entire early childhood setting. http://intergenerational.cas.psu.edu/earlychildhood.html
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	Intergenerational Activities	The Playroom: Ideas for Intergenerational Activities Highlights intergenerational activities that can be implemented with young children and older adults. http://intergenerational.cas.psu.edu/playroom.htm
		“Webbing”: An Emergent Curriculum Approach An interactive exercise designed to stimulate older adult involvement in activity planning. http://intergenerational.cas.psu.edu/webbing.htm
	Developing Intergenerational Programs	Generations United for Environmental Awareness and Action Describes a variety of promising strategies for bringing children, youth, and older adults together as partners to explore, study, and work to improve the natural environment. At the same time, drawing attention to the shared environment and providing opportunities for collaborative activity to improve it is an effective strategy for promoting intergenerational understanding and unity. http://intergenerational.cas.psu.edu/EnvEd.html
	Intergenerational Programming	Some What’s and Why’s of Intergenerational Programming Information on the field of intergenerational programming http://intergenerational.cas.psu.edu/Docs/WhatsWhys.pdf
	Understanding Different Generations and Cultures	Proverbs: To Promote Understanding Across Generations and Cultures A booklet for facilitators, geared towards youth, ages 12-19, older adults, and intergenerational audiences to increase the understanding of the process of aging, increase communication with family members, develop intergenerational relationships, and raise awareness of cultural differences and similarities. http://intergenerational.cas.psu.edu/Docs/Booklet.pdf
	Community Development	The Futures Festival: An Intergenerational Approach to Community Participation An instructional guidebook outlining how to implement “Futures Festival” special events as a strategy for engaging people of all ages in constructive dialogue about community development issues. Community residents of all ages and public officials come together at a community event to share their ideas about community development. http://intergenerational.cas.psu.edu/Festival.html
	Intergenerational Activities	Heritage Circle Activity An activity where young residents in a community can engage with older adults to produce a sense of awareness and appreciation of local heritage as well as establishing a setting for recognizing older adults in a community who are knowledgeable about local history and culture. The young residents will also learn about breaking down stereotypes and increasing understanding about people of different cultures and age groups. http://intergenerational.cas.psu.edu/Docs/Heritagecircles.doc

	Intergenerational Activity	Generations Celebrations Six sessions designed to help young people and older adults become more aware of stereotypical attitudes toward aging and to get to know each other as individuals. Member's Guide: http://pa4h.cas.psu.edu/Projects/gencel/GenCelIntro.pdf Leader's Guide: http://pa4h.cas.psu.edu/Projects/gencel/GenerationCelebrationLG.pdf
	Building Blocks of Intergenerational Programs	The Building Blocks of Intergenerational Programs Ideas that should be considered for program planning, implementation, and evaluation for intergenerational programs. http://intergenerational.cas.psu.edu/Docs/BuildingBlocks.pdf
	Intergenerational Programs	Intergenerational Programs Informs program leaders of the what's and why's of intergenerational programs. http://intergenerational.cas.psu.edu/Docs/WhatsWhys.pdf
	Intergenerational Mentoring	Intergenerational Mentoring: A Unique Response to Challenges of Youth Focuses on what intergenerational mentoring is and how it is a unique way of bringing the young and the old together to share their strengths while providing a mutually beneficial relationship. http://www.gu.org/Files/mentor.pdf
	Facilitating Grandparent-Grandchild Exchanges at Home	Simple Ideas for Facilitating Grandparent-Grandchild Exchanges at Home A list of ideas of what the generation in the middle can do to help build closer relationships between young family members and older adults. http://intergenerational.cas.psu.edu/Docs/GrandparentFactSheet.doc
	Ways to Link Generations	Gift Ideas to Link Generations An article about how gifts can be used to help reconnect the generations by viewing it as an opportunity to enter into the rhymes and rhythms of another person's life experiences or a way of bringing people together across geographical and generational distances, instead of viewing it as a product. http://intergenerational.cas.psu.edu/Docs/Article1.pdf
	Intergenerational Topics	From "Senior Moments" to "Wisdom Moments" Focuses on the popular usage of the term "Senior Moment" and how the new term, "Wisdom Moment" should be used because not all seniors are forgetful. The phrase "Wisdom Moment" allows us to affirm life and human potential rather than limitation. http://intergenerational.cas.psu.edu/Docs/Article2.pdf
	Intergenerational Topics	Talking About Work Across Generations Provides ideas to strengthen families and communities by creating opportunities for people to come together across generational lines to share views and experiences and support one another. http://intergenerational.cas.psu.edu/Docs/Article3.pdf

	Retirement	Rethinking “Retirement”: What’s in a word? Explains the words retire and retirement in further detail and how the words came about. http://intergenerational.cas.psu.edu/Docs/Article5.pdf
	Effects of the Aged Community	The Coming Agequake Explains the effect that the growing aged community may have on the nation and the world that may range from a triumph of human civilization to a sure-shot formula for financial bankruptcy. http://intergenerational.cas.psu.edu/Docs/Article6.pdf
	Grand-parenting	The Changing Face of Grandparenthood Explains how the “baby boomer” signals some interesting changes in the enterprise of grand-parenting and how grandparents of previous eras will identify with different historical events, have different ideas about work and play, and have different heroes. All of these differences translate into probable changes in the way grandparents spend time with their grandchildren. http://intergenerational.cas.psu.edu/Docs/Article10.pdf
	Technological Innovations for Older Adults	Wired for what? Technological Innovation and the Way We Care for Frail Older Adults Discusses the many innovations created to assist older adults such as telemedicine, different sensors and control devices or even robotics. http://intergenerational.cas.psu.edu/Docs/Article12.pdf
	Nutrition	Expanded Food and Nutrition Education Program Federally funded program that delivers research-based information in the home, the classroom, and community group settings to help Pennsylvanians make better nutrition and health decisions. http://nutrlinks.cas.psu.edu/efnep/index.cfm
	Living Will	Financial Focus: Living Will Information on writing a will and the importance of defining your preferences about procedures you “want” and “do not want” taken if you are near death. http://pubs.cas.psu.edu/Freepubs/pdfs/ui283.pdf

RHODE ISLAND

UNIVERSITY OF RHODE ISLAND

<p>NANCY FEY-YENSAN <i>Associate Professor, Nutrition & Food Sciences</i></p> <p>UNIVERSITY OF RHODE ISLAND CELS 106 Ranger Hall Kingston, RI 02881</p> <p>Phone: (401) 874-2978 Fax: (401) 874-5974 fey@uri.edu</p>	<p>Nutrition</p>	<p>Senior Nutrition Awareness Project</p> <p>This project provides the elderly with accurate nutrition information through various free services. These include: group nutrition education workshops, healthy cooking classes, the distribution of nutrition pamphlets, and nutrition education through four different cable television productions airing in the Groton/New London area.</p> <p>http://www.canr.uconn.edu/nusci/outrch/snap/snap.html</p>
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TENNESSEE

UNIVERSITY OF TENNESSEE

<p>DENA WISE <i>Associate Professor</i></p> <p>UNIVERSITY OF TENNESSEE Family and Consumer Science-State 218t Morgan Hall 2621 Morgan Circle Drive Knoxville, TN 37996</p> <p>Phone: (865) 974-8198 dkwise@utk.edu</p>	<p>Elder Fraud</p>	<p>Ditch and Pitch</p> <p>An elder fraud peer education and prevention curriculum.</p> <p>http://www.joe.org/joe/2004june/a6.shtml</p>
	<p>Food Safety</p>	<p>To Your Health! Food Safety for Seniors</p> <p>Discusses the importance of food safety for seniors and the need to be careful with foods because where and how we produce our food has changed as well as the ability to resist food borne illnesses.</p> <p>http://www.utextension.utk.edu/publications/pbfiles/PB1723.pdf</p>

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Grandparents and Kinship Caregiving

Grandparents and Kinship Caregiving

Educational in-service training for professionals, paraprofessionals, and volunteers in the areas of parenting, family values, family relations, and life transition. The training focuses on the need for external interaction with grandparents in order to enhance strong family relations. It examines potential impacts in terms of social, economic, and environmental factors that will lend to assisting grandparents with parental responsibilities. Education is provided to audiences to better equip them to work with public systems in identifying community resources, setting goals to make safer places for their children, promoting awareness of legislation, and building moral support for grandparents.

www.tnstate.edu

Grandparents As Parents

Grandparents and Other Relative Caregivers as Parents

This module contains six lessons. It provides discussions to allow caregivers to understand what they should do in situations involving the immediate needs of dependent children. It also addresses basic concerns of caregivers in dealing with social and legal issues they may encounter. Some suggestive community resources that may be available to them are referenced.

TEXAS

TEXAS A&M UNIVERSITY

<p>ANDREW CROCKER <i>Extension Program Specialist, Gerontology Health</i></p> <p>Texas Cooperative Extension 6500 Amarillo Blvd, West Amarillo, TX 79106</p> <p>Phone: (806) 677-5600 Fax: (806) 677-5644 ABCrocker@ag.tamu.edu</p> <p>JUDITH WARREN <i>Professor and Extension Gerontology Specialist</i></p> <p>TEXAS COOPERATIVE EXTENSION 311 Melbern Glasscock Building 2251 TAMU College Station, TX 77843</p> <p>Phone: (979) 845-8954 Fax: (979) 845-6496 jl-warren@tamu.edu</p>	Coping with Caregiving	<p>Coping with Caregiving</p> <p>Offers guidance to help readers maintain his or her own personal well-being while providing quality care for an elderly relative. There is information on stress management, involving other family members, caregiving at a distance, and placement in a care facility. This publication also includes two self-tests for diagnosing and managing stress, as well as a telephone prompter to guide the reader in contacting helpful resources in the community.</p> <p>Publication Homepage: http://tcebookstore.org/pubinfo.cfm?pubid=598 View Online Publication: http://tcebookstore.org/tmppdfs/2350411-B6006.pdf</p>
	Support Manual for Caregivers	<p>Training Respite Caregivers for Alzheimer's Family Support – A Program Manual</p> <p>Outlines a training program for caregivers of elders with dementia, specifically Alzheimer's Disease, who do not require skilled nursing care. The manual includes information on planning, organizing, conducting and evaluating the 4 to 5 day training program. This publication is available for purchase.</p> <p>http://tcebookstore.org/pubinfo.cfm?pubid=74</p>
	Aging Publications	<p>Aging Publications</p> <p>This website provides a variety of publications ranging from caregiving to housing to accessible design.</p> <p>http://tcebookstore.org/browse.cfm?catid=95</p>
	Human Relationships and Practical Psychology	<p>Human Relationships and Practical Psychology in Working with Older Adults</p> <p>One page fact sheet that focuses on respecting basic human needs of older adults as well as discussing what basic human needs are, paying attention to changes that may occur, having patience, and understanding adaptive behavior.</p> <p>http://fcs.tamu.edu/aging/basic_human_needs.htm</p>
	Caring For Elderly Family Members	<p>Caring For Elderly Family Members</p> <p>Explains how to help elderly family members live happier, safer, and in a more comfortable way.</p> <p>http://extensionenespanol.net/pubinfo.cfm?pubid=172</p>

DR. SHARON ROBINSON <i>Assistant Professor and Extension Nutrition Specialist</i> TEXAS COOPERATIVE EXTENSION 352 Kleberg Center 2471 TAMU College Station, TX 77843 Phone: (979) 845- 6379 Fax: (979) 865-6379 s-robinson@tamu.edu LISA FLING <i>Senior Office Associate</i> Phone: (979) 845-6379 l-fling@tamu.edu	Nutrition	Nutrition And The Elderly Provides information on diets and exercises for the elderly. http://extensionenespanol.net/tmppdfs/2403809-PUVM09.pdf
	Depression	Depression and the Older Adult http://fcs.tamu.edu/food_and_nutrition/PDF/depressionandolderadult.pdf
	Physical Activity	Aim for Physical Activity http://fcs.tamu.edu/food_and_nutrition/PDF/activityconsumer.pdf
	Keeping Food Safe	Aim to Keep Food Safe http://fcs.tamu.edu/food_and_nutrition/PDF/foodconsumer.pdf
	Hydration	Aim for Hydration http://fcs.tamu.edu/food_and_nutrition/PDF/hydrationconsumer.pdf

UTAH

UTAH STATE UNIVERSITY

	Grandparenting	Ideas for Grandparents Gives grandparents ideas on how to make themselves meaningful in the lives of their grandchildren. http://extension.usu.edu/files/fampubs/ideas.htm
	Death of a Grandparent or Great-Grandparent	How to Explain Death to a Child When a Grandparent Dies Explains how children are often sheltered away from discussions about death and how important it is to have these conversations in the event of a family member, especially a grandparent or great-grandparent who has passed away. By properly handling the discussion, this can be a growth producing relationship bonding experience for the child and the parent. This will help the child deal with future events in life pertaining to death. http://extension.usu.edu/files/newsletters/sept97.html#death
THOMAS LEE Phone: (435) 797-1551 tom.lee@usu.edu	Caring for an Older Family Member	If You're Caring For An Older Family Member Gives examples of the changes, such as frustration, that primary care providers may experience when caring for an elderly person as well as ways to deal with the frustration, depressiveness, and stress.

		http://extension.usu.edu/files/newsletters/sept97.html#caring
ELIZABETH GORHAM	Retirement Plan	Are Revisions in Your Retirement Plan Needed? Identifies the revisions of the Small Business Job Protection Act and the Kennedy-Kassebaum Health Insurance Portability and Accountability Act of 1996. These revisions are certain to have an affect on retirement planning for older adults. http://extension.usu.edu/files/newsletters/sept97.html#retirement
	Telemarketing Fraud	Elderly Still Targets for Telemarketing Fraud Identifies the warning signs of telemarketing fraud that family members should be aware of if they suspect a family member is involved in a fraudulent telemarketing scheme because the elderly are often targeted specifically for this type of crime. http://extension.usu.edu/files/newsletters/dec97.htm#elderly
DOROTHY WOOLLEY	Helping Aging Parents	Do I Help My Aging Parents Enough? Gives suggestions for adults who take care of their aging parents and ways that they can take a step further to enhance their parent's ability to be independent by helping them stay in control over their lives. http://extension.usu.edu/files/newsletters/apr99.html#parents
	Preventing Accidents In The Home	Concerned About Your Aging Parents? Informs adults who have aging parents, that prevention is one of the best ways to help older people remain independent and the most effective way of preventing accidents is by making their home safer. http://extension.usu.edu/files/newsletters/apr99.html#concern

VERMONT

UNIVERSITY OF VERMONT

LINDA BERLIN <i>Nutrition Specialist</i> UNIVERSITY OF VERMONT 309A Terrill Hall 570 Main Street Burlington, VT 05405 Phone: (802) 656-0669 Fax: (802) 656-0407 Linda.Berlin@uvm.edu	Healthy Living Newsletters	Words to the Wise A quarterly newsletter to promote healthy living among homebound and older individuals with limited resources. <p style="text-align: right;">*Available on the web and in hard copy. http://www.uvm.edu/~uvmext/nfsh/newsletters.htm</p>
	Healthy Eating and Healthy Aging	Healthy Eating, Healthy Aging An interactive website for seniors that deals with nutrition, food safety, and health issues. <p style="text-align: right;">*Coming soon.</p>

VIRGINIA

VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY

<p>CELIA HAYHOE <i>Family Financial Management, Cooperative Extension Specialist</i></p> <p>VIRGINIA POLYTECHNIC INSTITUTE & STATE UNIVERSITY 103A Wallace Hall (0410) Blacksburg, VA 24061</p> <p>Phone: (540) 231-3497 Fax: (540) 231-1697 chayhoe@vt.edu</p>	Living Options	<p>Living Options For Adults Needing Assistance</p> <p>A situational publication regarding the living options for adults needing assistance with a work sheet.</p> <p>http://www.ext.vt.edu/pubs/gerontology/350-254/350-254.html</p>
	Grandparents Raising Grandchildren: Rights And Responsibilities	<p>Grandparents Raising Grandchildren: Rights And Responsibilities</p> <p>Fact sheet that discusses what comes along with raising grandchildren as a grandparent, the reason why people do it, statistics about it, and help for people who want to take part in it.</p> <p>http://www.ext.vt.edu/pubs/gerontology/350-255/350-255.html</p>
	Improving Computer and Technology Skills	<p>Seniors Surf the Web</p> <p>A program to help older adults learn how to use computers through use of the internet.</p> <p>http://www.ext.vt.edu/pubs/nutrition/senior/index.html</p>
	Retirement/Financial Information for Family Caregivers	<p>What Every Adult Child Needs to Know</p> <p>One of the primary goals of this six-session curriculum is to help participants maximize the retirement-planning strategies that are open to caregivers and to provide them with other important financial planning information. While an emphasis is placed on sound financial planning, other key dimensions of effective caregiving is also covered, such as: family meetings, family dynamics, communication skills, and wise decision-making in which all concerned help to shape optimal choices. The focus of this project is to assist workers who are caregivers or who will become caregivers in the future to maximize their own retirement income. While caring for dependent relatives, caregivers have specific financial education needs due to time out of the workforce or extra costs involved in participating in the workforce either full or part-time. Although the project will be aimed at future caregivers of the elderly, the education program will also aid caregivers of a disabled spouse and/or children. Although other issues will be addressed, the primary topics to be covered are helping future or current caregivers to plan realistically, maintain family harmony, and maximize their own retirement funding.</p>
	Community Based Services	<p>Choosing Community Based Services For Older Adults and Their Families</p> <p>Information on choosing community based services for older adults and their families.</p> <p>http://www.ext.vt.edu/pubs/gerontology/350-252/350-252.html</p>

VIRGIN ISLANDS

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Limited Resources

Limited Resources: Individuals and Family

This program targets families that are living on limited income and have limited resources. It also targets families facing the reality of welfare reform who are asking for help managing their limited resources and income. Many families remain on public assistance because of limited employment opportunities in the territory, coupled with their limited social and educational skills to meet the demands of available jobs. Effective marketable skills are critical issues facing the elderly and women. This program conducts workshops in various areas including construction, t-shirt making, home decorating, recycles craft skills, and quilt making. They also provide short courses and other educational issues in areas that will positively affect limited resource individuals and families.

Marketable Skills

Marketable Skills

This program establishes partnerships between government and non-government agencies to promote activities for the elderly and people that are out of jobs and on a fixed income. Short courses and workshops are available to enhance marketable skills on the clientele as well as providing basic financial and money management help.

WEST VIRGINIA

WEST VIRGINIA UNIVERSITY

<p>ALLISON NICHOLS <i>Evaluation Specialist</i></p> <p>WEST VIRGINIA UNIVERSITY EXTENSION SERVICE Center for 4-H and Youth, Family, and Adult Development 603 Knapp Hall P.O. Box 6031 Morgantown, WV 26506</p> <p>Phone: (304) 293-2694 ext:3451 Fax: (304) 293-2694 ahnichols@wvu.edu</p>	Grandparents Raising Grandchildren	<p>Grandparents Raising Grandchildren</p> <p>Explores some of the joys and challenges in raising a second generation as well as information and support services that may be of assistance to the grandparents and their families.</p> <p>http://www.wvu.edu/~exten/infores/pubs/fypubs/240.wl.pdf</p>
	Housing Alternatives	<p>Relocation – Housing Alternatives for Later Years</p> <p>Focuses on how housing is a difficult problem as people age and how there are many reasons to think about giving up the house that served their needs in earlier years.</p> <p>http://www.wvu.edu/~exten/infores/pubs/fypubs/175.wl.pdf</p>
	How Older Adults Can Feel Safe	<p>Home Alone: How Older Adults Can Feel Safe</p> <p>Informs older adults that as they enter the later years of their life, they need to keep themselves as healthy and fit as possible, anticipate the declines that come along with normal aging as well as the possibility of unexpected illness or disability, and acting in a smart manner to keep from becoming a crime victim.</p> <p>http://www.wvu.edu/~exten/infores/pubs/fypubs/601.wl.pdf</p>
	Relatives As Parents	<p>West Virginia Relatives As Parents</p> <p>The WV Relatives as Parents Program is for grandparents and other relatives who are raising children for someone in their family. The program is a collaborative initiative including the WVU Extension Service, WV Department of Health and Human Resources, and Mission WV, Inc. The goal of the program is to establish support groups in all 55 counties. The program offers training for group facilitators, educational materials, and referrals to services. A legal guide and fact sheets on kin-caregiver issues are available.</p>
	Health	<p>Aging Parents: Helping When Health Fails</p> <p>Gives adult sons and daughters general guidelines to consider if they face the dilemma about what to do about aged relatives.</p> <p>http://www.wvu.edu/~exten/infores/pubs/fypubs/wl427.pdf</p>
	Educational Gerontology	<p>Educational Gerontology:</p> <p>This well-respected journal offers up-to-date original research in the fields of gerontology, adult education, and the social and behavioral sciences.</p> <p>Allison Nichols published the article “<i>Gerontology Information and Training Needs of Cooperative Extension Professionals</i>” which are in this journal.</p> <p>http://www.tandf.co.uk/journals/titles/03601277.asp</p>

	Older Adult Statistics	Growing Older: The Old-Old Years A true or false questionnaire in reference to the fast growing segment of our population – the older adults, so that we understand the growth, development, and changes that occur in the later years of life. http://www.wvu.edu/~exten/infores/pubs/fypubs/wl429.pdf
	The Young-Old Years	Growing Older: The Young-Old Years A study program to explore some of the normal changes that occur in young-old years and the implications of these changes. http://www.wvu.edu/~exten/infores/pubs/fypubs/wl428.pdf

WISCONSIN

UNIVERSITY OF WISCONSIN

MARY BRINTNALL-PETERSON <i>Aging Program Specialist</i> UNIVERSITY OF WISCONSIN EXTENSION 337 Extension Building 432 N Lake Street Madison, WI 53706 Phone: (608) 262-8083 Fax: (608) 263-7969 mary.brintnall-peterson@ces.uwex.edu	Grandparents Raising Grandchildren	Through the Eyes of a Child - Grandparents Raising Grandchildren Nine fact sheets designed to help grandparents learn more about what to expect and where to turn for support focuses. Focus is on family relationships. http://www.uwex.edu/relationships/
	Helping Grandchildren Develop Good Eating Habits	Grandparents Can Help Grandchildren Develop Good Eating Habits Informs grandparents on how they can help their grandchildren develop better eating habits through the use of the food pyramid. http://www.uwex.edu/ces/flp/grandparent/eathabits.pdf
	Schools Can Support Grandparents Raising Grandchildren	Schools Can Support Grandparents Raising Grandchildren Gives ideas of ways that schools can help support grandparents that are primary caregivers. Schools can be major players in helping grandparents adjust to new roles and become involved in their grandchildren's education. http://www.uwex.edu/ces/flp/grandparent/school.pdf
	Legal Issues	Legal Issues Focuses on the legal issues involving the grandparents care. Some of these include: separation, divorce, death, child abuse, or neglect. http://www.uwex.edu/ces/flp/grandparent/legal.pdf
	Grandparents Rights and Responsibilities	Grandparents Rights and Responsibilities Focuses on the changes in the family that may alter relationships that grandparents have with their grandchildren as well as their rights and responsibilities if changes in the child's home occur that may not be in the best interest of the child. http://cecommerce.uwex.edu/pdfs/B3702.PDF

	Contributing to Children's School Success	Grandparents Can Contribute To Children's School Success Explains how no matter where they live, grandparent's can play a vital role in children's education. http://www.uwex.edu/ces/flp/grandparent/schoolsuccess.pdf
	Understanding My Grandchildren	Understanding My Grandchildren Lists the eight stages, according to Erick Erickson, that provide people with a framework for understanding family member's needs. A summary of the first five stages will be discussed with a section on what grandparents can do to help their grandchildren develop during that particular stage of their life. http://www.uwex.edu/ces/flp/grandparent/understandingmygrandchildren.pdf
	Grandparents Raising Grandchildren Educational Program	Grandparents Raising Grandchildren Educational Program A website for grandparents raising grandchildren, professionals, legislators and policymakers, graduate students, and videoconference planners to share information, find answers to questions, and learn about resources. http://www.uwex.edu/ces/gprg/gprg.html
	Grandparents Raising Grandchildren: Looking At The Issues	Grandparents Raising Grandchildren: Looking At The Issues A fact sheet on how there is a rising number of grandparents asked to take on the role of the parent when they can't succeed. http://www.uwex.edu/ces/flp/grandparent/issue.pdf
	Grandparents Raising Grandchildren: Managing Stress	Grandparents Raising Grandchildren: Managing Stress A fact sheet on how grandparents raising children can get by and information related to financial and emotional stress. http://www.uwex.edu/ces/flp/grandparent/stress.pdf
	Raising and Nurturing Dependent Children	Grandparents/Relatives Raising And Nurturing Dependent Children (GRAND) Guide Intended to give grandparents and relatives a quick overview of services, programs, and places to start looking for resources and how to access them. The guide also provides tips and general information for grandparents and relatives as they take on the responsibilities of parenting again. GRAND is organized into chapters on issues and problems common to grandparents and relatives raising their grandchildren or kin. Each chapter contains questions grandparents may have about services or programs available for children. Each chapter is followed by a list of local resources. Chapter topics are childcare, counseling, education, financial assistance, health, housing, legal, and parenting again. http://www.uwex.edu/ces/flp/grandparent/grand.html
	Tax Refund	Older Adults Who Are Raising Grandchildren May Qualify for Tax Refund Focuses on how grandparents are eligible for an earned income tax credit when they take care of grandchildren and fall into a certain income range. http://www.uwex.edu/ces/flp/grandparent/taxrefd.pdf

	For Grandparents: <i>Making Holidays Go More Smoothly</i>	Hints For How Grandparents Can Make Holidays Go More Smoothly Informs grandparents on how rules and regulations that should be in place during the holidays that will help grandparents make the seasons go more smoothly. http://www.uwex.edu/ces/flp/grandparent/holidayhint.pdf
	Grandparents Raising Grandchildren: <i>Welfare Reform</i>	Grandparents Raising Grandchildren: Welfare Reform Informs grandparents how the changes in the welfare system have changed the way they become eligible for public assistance and add the amount of benefits that they can receive. http://www.uwex.edu/ces/flp/grandparent/welfare.pdf
	Importance of The Role of a Grandparent	Generations Need Each Other: Grandparenting Video A lesson guide and video that stresses the importance of roles that grandparents have with their grandchildren and how their involvement can influence positive development. This video is available for purchase. Lesson Guide: http://www.uwex.edu/ces/flp/grandparent/grggeneration.pdf Video Order Form: http://www.uwex.edu/ces/flp/grandparent/videoa.pdf
	Support By Grandparents During Divorce	Grandparents Can Be Supportive During Divorce Focuses on how grandparents, through babysitting and providing support can help through a divorce. http://www.uwex.edu/ces/flp/grandparent/divorce.pdf
	Providing Meaningful Holiday Gifts	Grandparents Can Provide Memorable, Meaningful Holiday Gifts A publication on how grandparent's can get children meaningful gifts rather than over-indulging them. http://www.uwex.edu/ces/flp/grandparent/memorableholiday.pdf
	Changing Roles of Grandparents	Historical Perspective Sheds Light On Grandparent's Changing Role Fact sheet on how the historical development of grandparents, effects their role in the life of their grandchildren. http://www.uwex.edu/ces/flp/grandparent/rolchng.pdf

CSREES

<p>COOPERATIVE STATE RESEARCH, EDUCATION, AND EXTENSION SERVICE</p> <p>Waterfront Centre 800 9th St. SW Washington, DC 20024</p> <p>Phone: (202) 720-7441 www.csrees.usda.gov</p>	<p>Financial Security In Later Life</p>	<p>Financial Security In Later Life</p> <p>Preparing for retirement and potential long-term care costs takes planning, saving, and debt control. This Cooperative Extension initiative seeks to help people improve personal finance behaviors leading to financial security in later life, enhance the capacity of local educators and their partners to deliver effective programs, and increase economic vitality, and quality of life for families and communities.</p> <p>http://www.csrees.usda.gov/nea/economics/fsll/fsll.html</p>
	<p>Adult Development and Aging</p>	<p>Highlights from the States</p> <p>Adult development and aging programs provide an understanding of older adults, the aging process, and meeting the needs of our aging population. CSREES supports efforts to promote healthy aging and intergenerational approaches to reconnecting the young and old.</p> <p>http://www.csrees.usda.gov/nea/family/in_focus/family_if_aging.html</p>
	<p>Family Caregiving</p>	<p>Highlights from the States</p> <p>Family caregivers include those who assist older adults and family members with disabilities, as well as grandparents raising their grandchildren. CSREES supports efforts to enhance caregiving and family life.</p> <p>http://www.csrees.usda.gov/nea/family/in_focus/family_if_caregiving.html</p>